

Preparing the maternity bag



Paperwork and documents

- Health insurance card (RAMQ)
- Hospital card
- Private insurance card
- Birth wishes
- List of medications (if needed)

Labor and delivery

- Hair ties
- Lip balm
- Blanket or heating pad
- Soft lights, diffuser, etc..
- Body pillow

Hospital stay

- Slippers
- Flip flops (for shower)
- Robe
- Pyjamas
- Adapted underwear
- Comfortable clothes

Food

- Healthy snacks
- Small cooler
- Water bottle

Personal hygiene

- Toothbrush
- Deodorant
- Cream (body and face)
- Sanitary pads (super absorbant)
- Soap (body and face)

Breastfeeding

- Breastfeeding pads
- Breastfeeding bra/bralette
- Nipple cream
- Breastfeeding pillow
- Frozen colostrum syringes (if possible)
- Ready to drink formula if bottle fed (if not provided by hospital)

Baby

- Carseat
- Diaper bag
- Pyjamas
- Baby hat
- Diapers
- Wipes and washcloths
- Blankets
- Clothing according to the weather

Electronics

- Phone, tablet or computer and chargers
- Headphones
- Camera and memory card

Back home, we wash everything